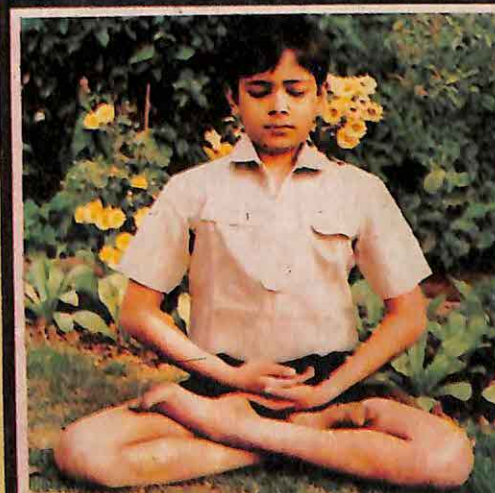
# YOGĀBHYĀSA

Part 3

GOVIND NARAIN TIWARI

BASED ON THE SYLLABUS PRESCRIBED
BY THE CENTRAL YOGA
RESEARCH INSTITUTE

# YOGĀBHYĀSA

PART III

FOR CLASS III

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Yoga Instructor

Translated by
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## Important Opinions

**Vidya Charan Shukla**
**President, Indian Olympic Association**

New Delhi

Shri Govind Narain Tiwari has in a very easy to understand manner simplified the various asanas and actions of Yoga in this series of books. His attempt is definitely praiseworthy. I am sure these books will be successful in enabling the younger generation to keep a sound health.

**Jaiprakaśh Bharti**
**Editor, Nandan**

New Delhi

Dr. Govind Narain has been teaching Yoga to children and adults for past many years. He has been able to explain the complicated subject of Yoga in a simplest possible way. Every asana has been shown in colour pictures as performed by the boys and girls. The children can perform these asana without the help of a teacher and by observing the pictures only.

**Satya Pal Bakshi**
**Principal**

Modern School,
Barakhamba Road, New Delhi

Shri Govind Narain Tiwari has gotten this series of Yoga exercises well illustrated. The exercises have been taught in a very simple style. His work is really commendable. Based on the syllabus of Yoga, this health-guide of Yoga series will, I do believe, help our boys and girls in schools in the development of their body and mind.

**S.D. Purohit**
**Principal**

Happy School,
Darya Ganj, New Delhi

Dr. Govind Narain Tiwari has done a commendable job of writing down a good graded series of Yoga in a simple and lucid language with good photographs. Every school, I opine, will feel happy in placing these books in the hands of our young generation and inspire them to become healthy citizens of India.

# PREFACE

Yoga has been practised in India since its very inception from times immemorial. It was developed with the help of saints and sages, through their constant dedicated research. This they did in the larger interests of mankind—to release man from the lust of materialism and help him rise in status spiritually, as well as bring about a radical change in the outlook on life.

Unfortunately with passage of time, we Indians have lost touch with the very basics of this age-old science. Today we have forgotten even how to wash our faces, how to take a bath, how to eat and how to sleep. As a result, we constantly make mistakes which weaken our health.

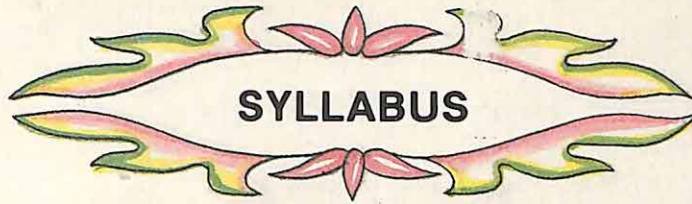
Yoga is one of the oldest of our cultural and religious heritages. We must make full use of it. Our body is nature's greatest creation. While creating the humans our inherent requirements have been kept in view by God-the almighty Creator. We are supposed to look after a number of problems for maintaining our health. Hence, unless we successfully synchronise different functions of the body, we will not be able to utilise well its benefits.

**"Sharirmadyam khahidharm sadhanam"**. The body itself controls and supervises all our actions, including the ones related to and regulated by religious faiths and beliefs. If the body is not in good health then we cannot do our daily work with the greatest efficiency. Also, we are unable to utilise our will-power which helps us in our endeavours to reach our goal in life.

Regular exercise of Yoga from childhood not only helps improve the vital force in the younger generation but also generates the efficiency and resistance power in day-to-day life. It greatly helps in physical, mental and spiritual development of the children.

The association of Yoga science with education is very important. It is an essential step in the direction of healthier growth of mankind.

I believe this book will be highly useful for the all-round development of the coming generations.

**—Govind Narain Tiwari**

## Class 3

In addition to the two cleansing proceses, Suksma Vyayama and Yogasanas, the following Vyayama and Asanas should be taught in the third class.

### 1. Yogic Suksma Vyayama

(i) Udara-sakti-Vikasaka (Developing the abdominal muscles) (mode 1 to 10)

### 2. Yogasanas

(i) Matsyasana
(ii) Matsyendrasana
(iii) Goraksasana
(iv) Paschimottanasana
(v) Utkatasana
(vi) Sankatsana

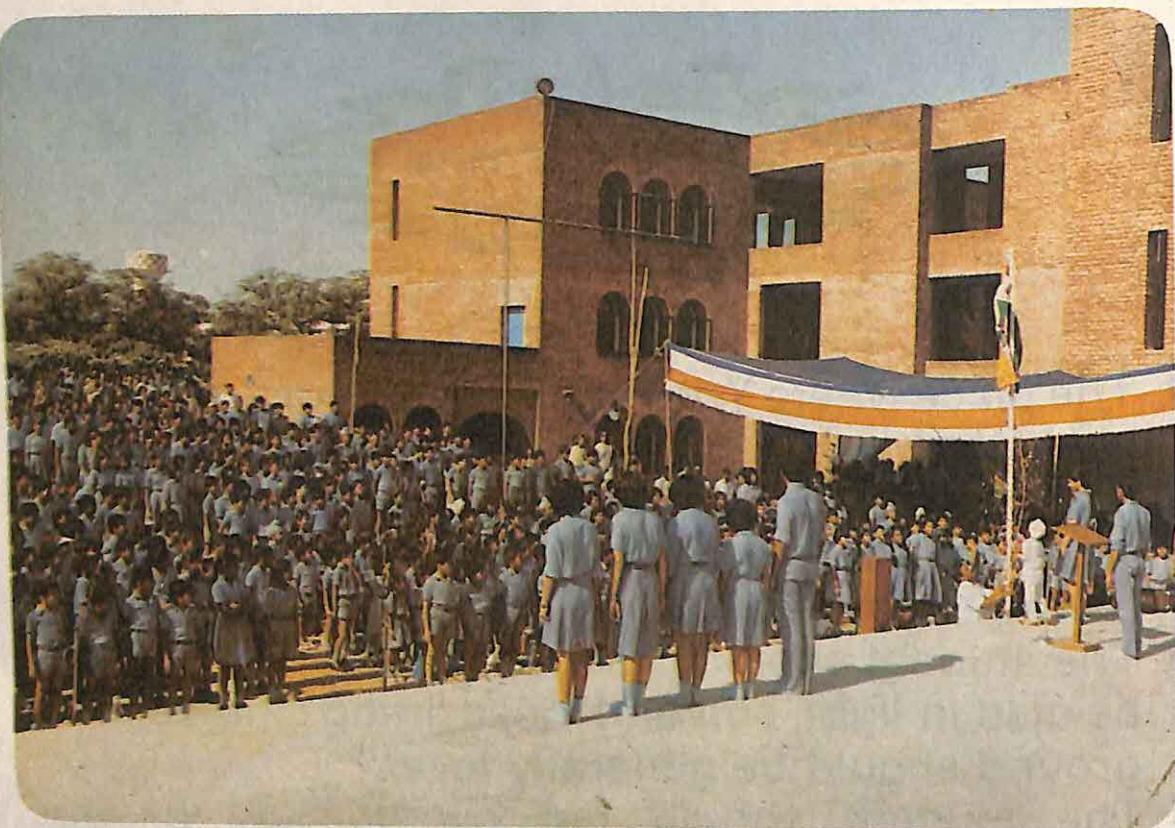
In the end Savasana must be performed.

### 3. Meditation

for 5 minutes in Siddhasana or Padmasana.

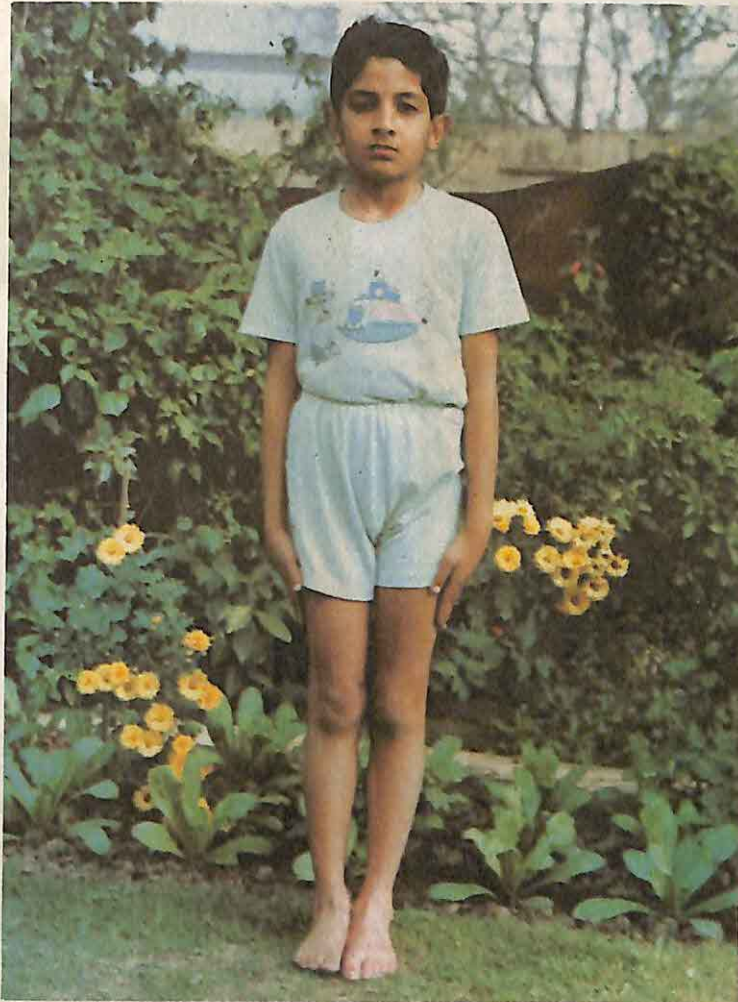
Contents

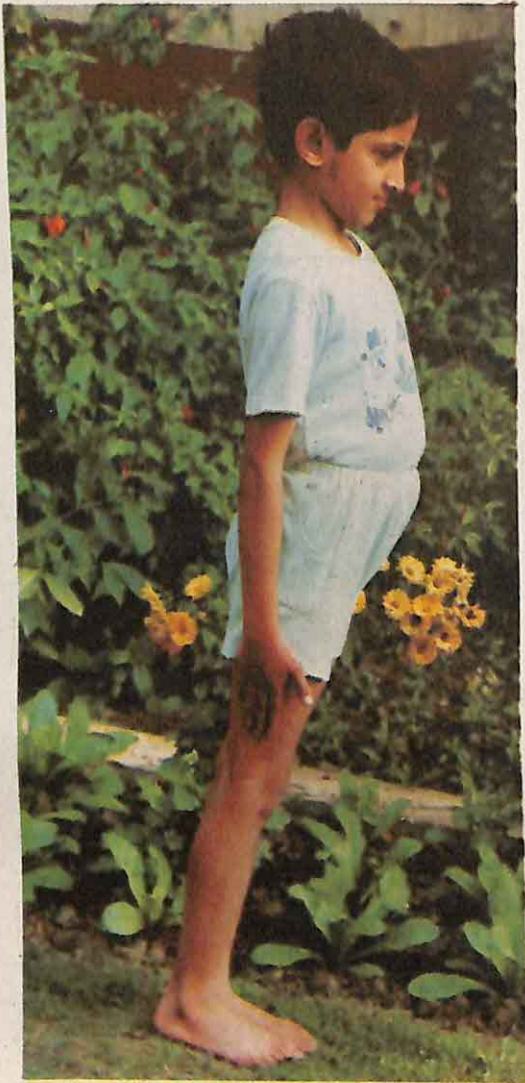
# IMPORTANT TIPS

1. The place where Yoga is practised should be well-ventilated.
2. Exercises should be performed with empty stomach. Nothing should be eaten two hours before each practice.
3. The student should practise barefoot. He should be clad in light, soft and loose fitting clothes. The ground should be generally level.
4. The student should not overdo any of the exercises.
5. Initially Yoga practice may appear to be difficult for the student, but by constant practice it will become effortless and easy.

## PRAYER

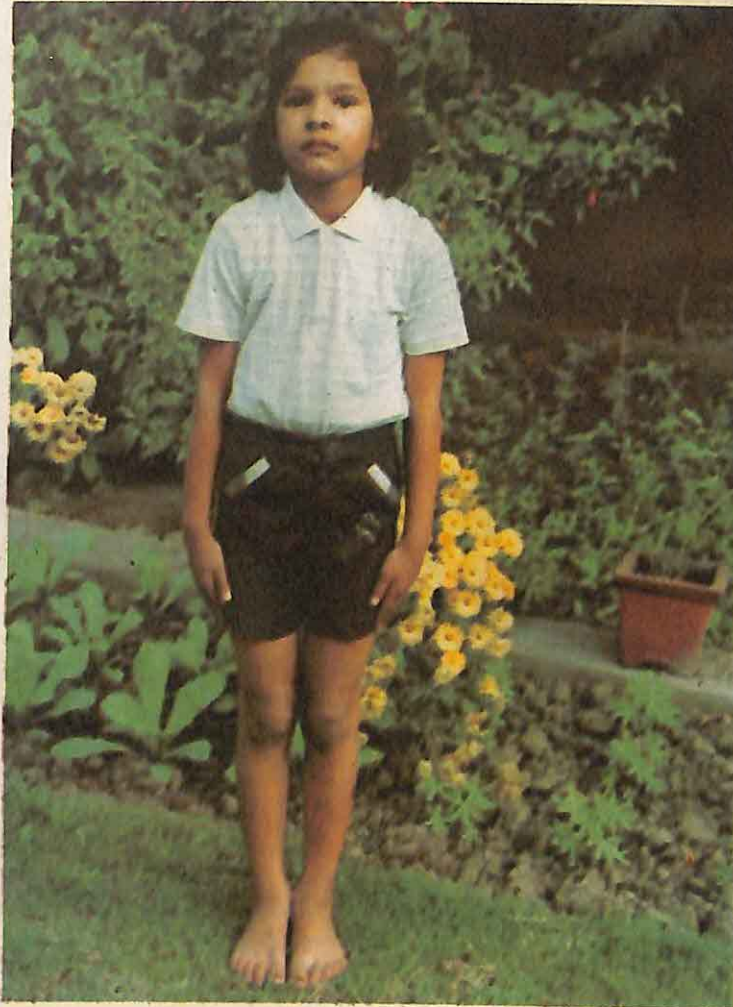
He Sristi Ke Adhaar!
Ho Chetna Sanchar!!
Ham Hain Balak Bhole-Bhale
Hame Dijiye Shudh Vichar
Bare Chale Kartavya Marg Par
Tan Man Se Ham Swasthya Rahen
Yoga Hamari Dincharya Ho
Karo Prarthana Svikar!
He Sristi Ke Adhaar!!

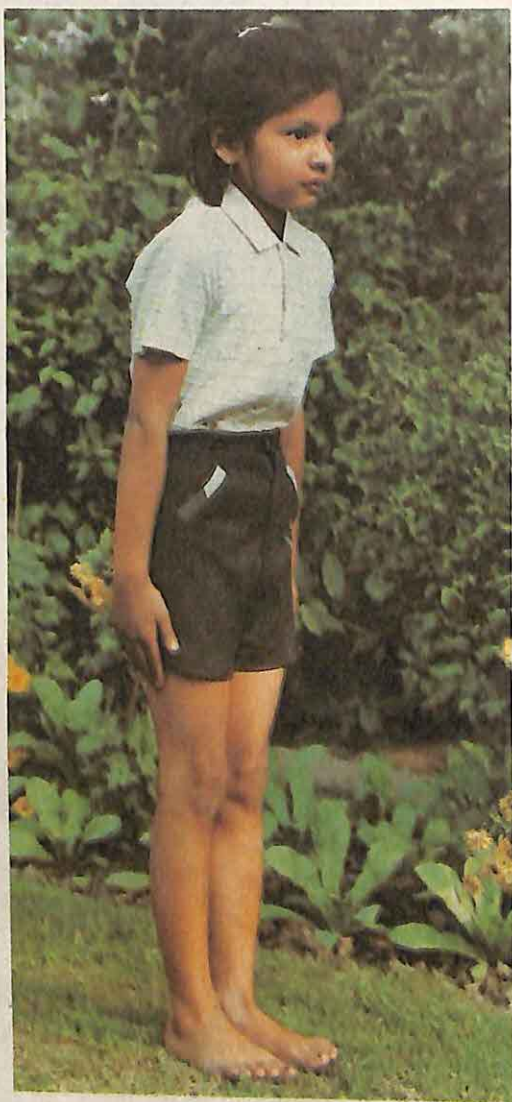
# I. Yogic Suksma Vyayama

## Udara-sakti-vikasaka (i)
## (Developing the Abdominal muscles)

**Position**

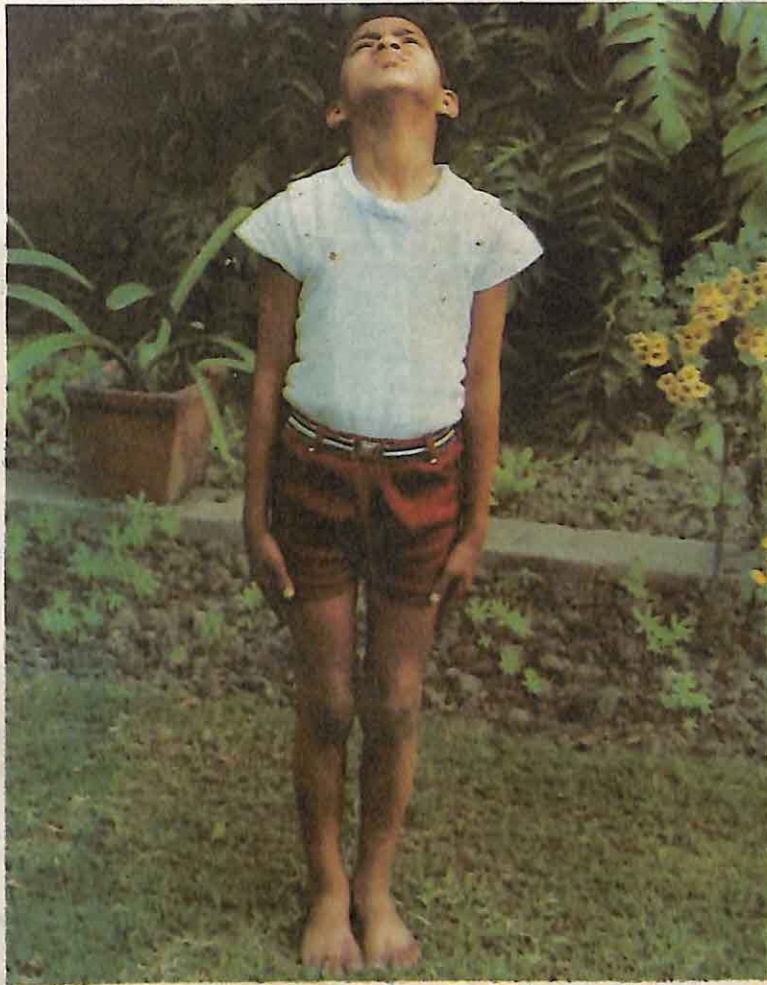
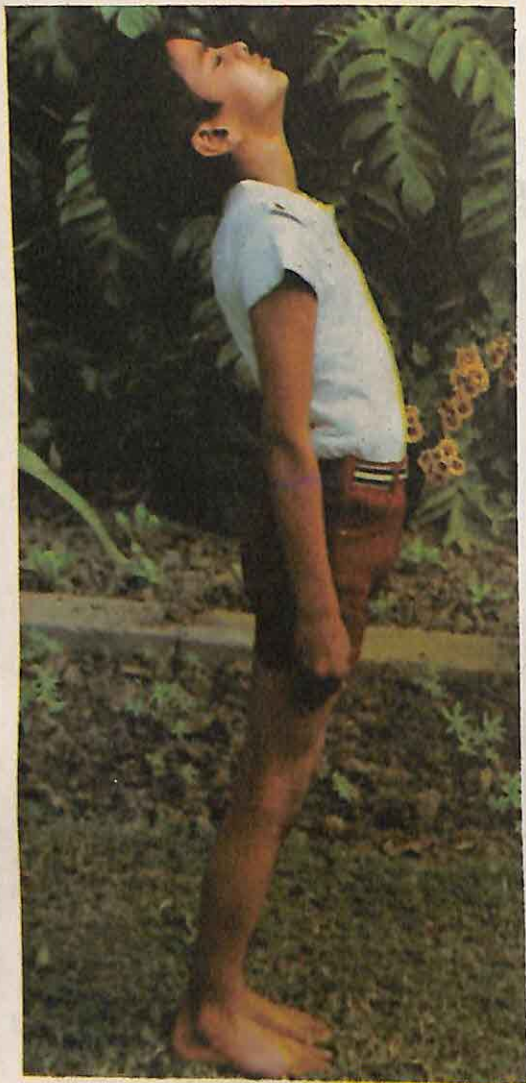
Joining both the legs together, stand in a position of attention

**Action**
Inhale in air slowly through both nostrils so that the stomach is expanded.

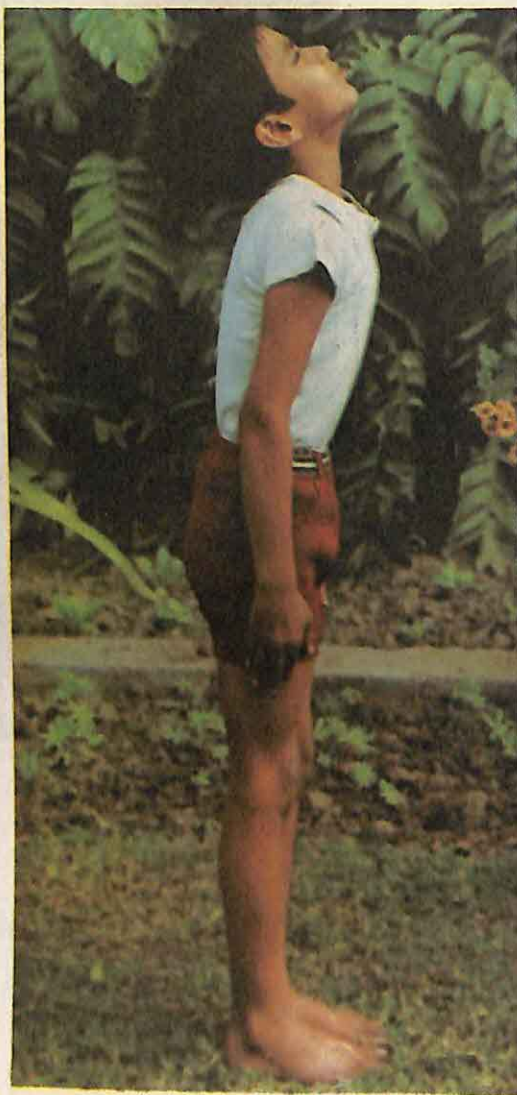
Now holding the breath still for some time, the air is slowly expelled and the stomach squeezed in.

## (ii) Udara-sakti-vikasaka

**Position**

Keeping both legs joined together and standing straight in attention, the neck is lifted up, slightly more than the normal position.

**Action**

Inhaling air through both the nostrils, the stomach is expanded and then slowly exhaling the air, the stomach is squeezed in. This action should be repeated five times.

### (iii) Udara-sakti-vikasaka

**Position**
Keeping both legs joined together and the head bent backwards, stand in a position of attention.

**Action**

Inhaling air quickly from both nostrils, the stomach is expanded.

Now exhaling the air the stomach is squeezed in. This action should be repeated five times.

## (iv) Udara-sakti-vikasaka

**Position**

Keeping both legs joined together stand in a position of attention and keep the eyes focussed at about one metre from the feet.

**Action**

Inhale air quickly through both nostrils to expand the

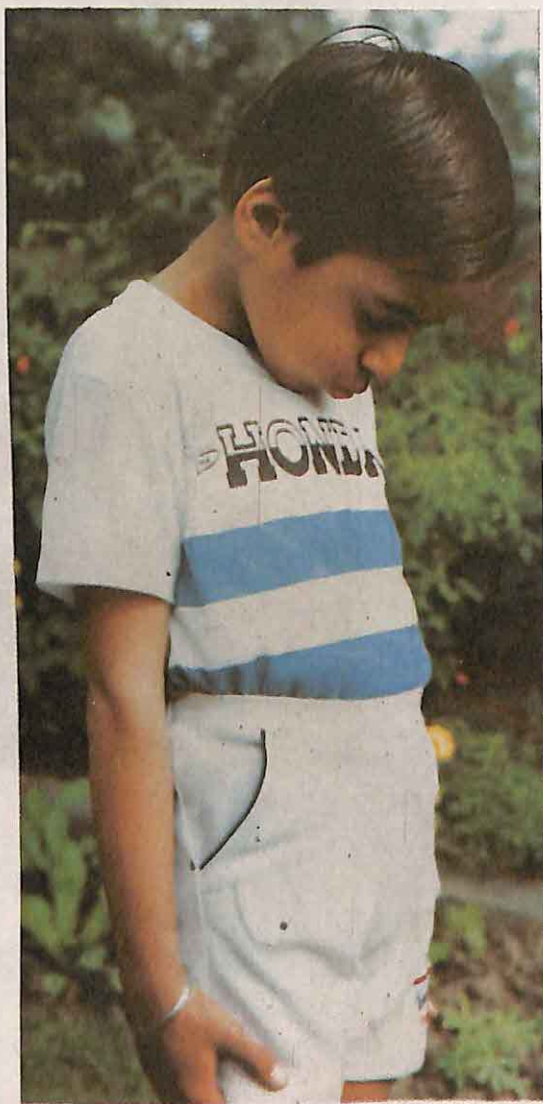
stomach. Now exhale the air so that the stomach is squeezed in. Repeat this action five times.

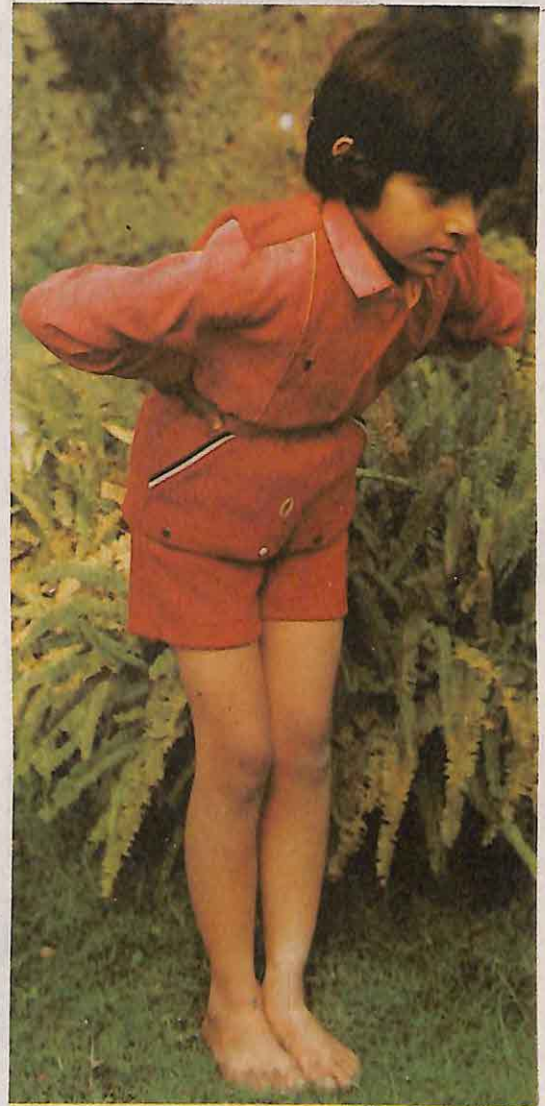
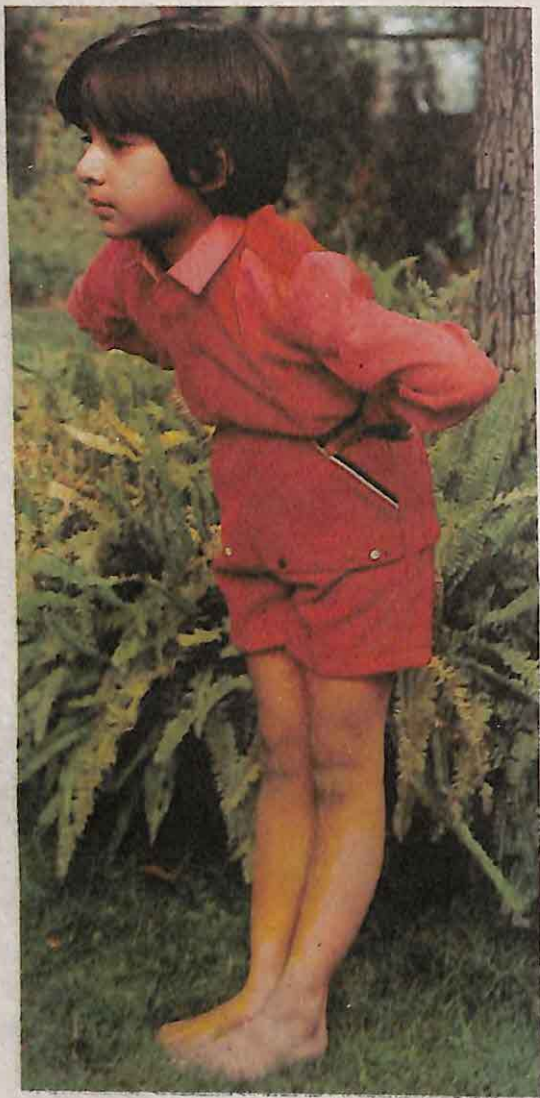
## (v) Udara-sakti-vikasaka

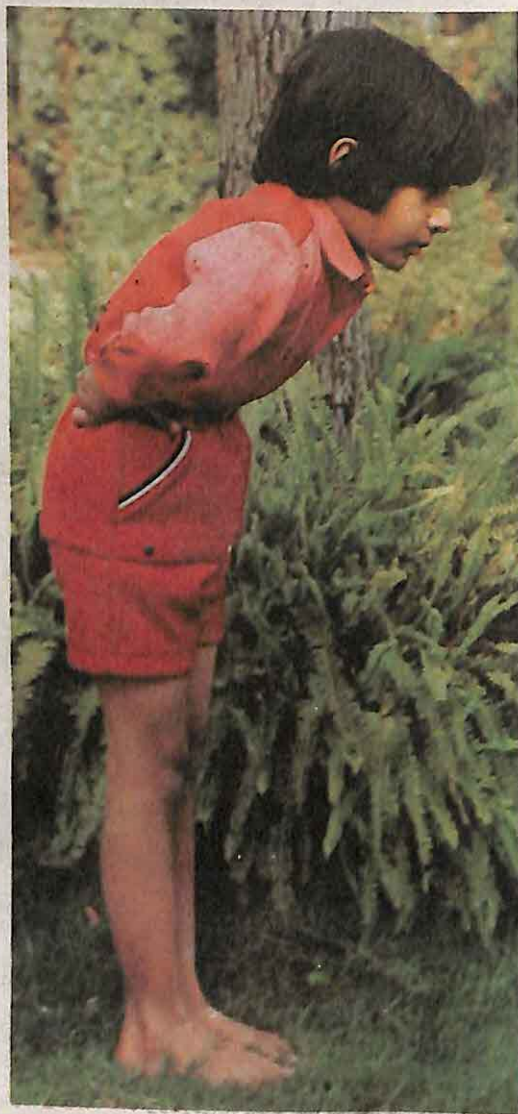
**Position**

Keeping both legs joined together stand in a position of attention.

**Action**

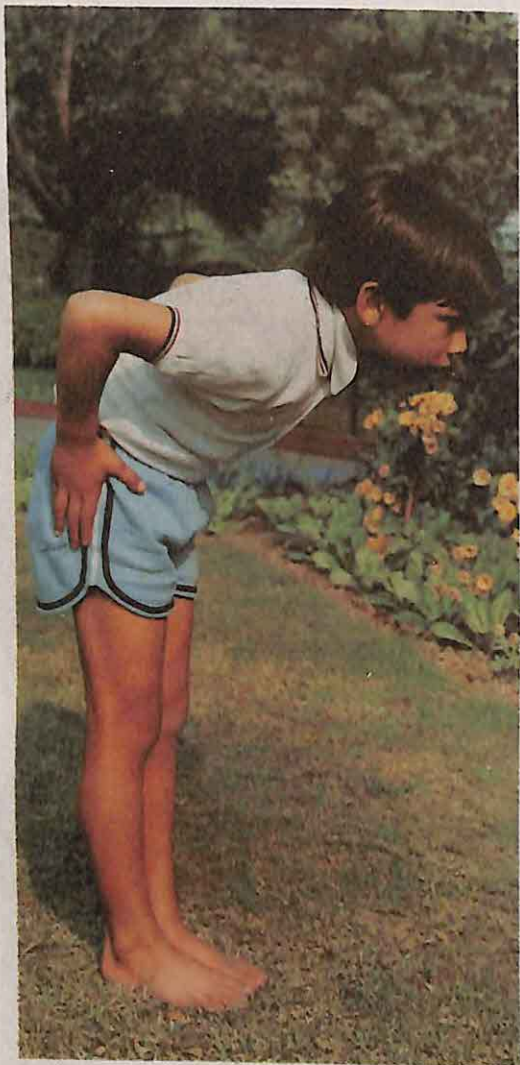
Purse up the lips and inhale air. Now keeping the cheeks and stomach expanded lower the chin so that it touches the pit of the throat The eyes should be closed.

Now holding a little breath the air is slowly expelled from the nostrils. This action should be repeated five times.

## (vi) Udara-sakti-vikasaka

Keeping both legs joined together stand in a position of attention. Now both hands are kept on the waist, the thumbs towards front and the other four fingers facing backwards. The body is bent slightly downwards from the waist.

**Action**

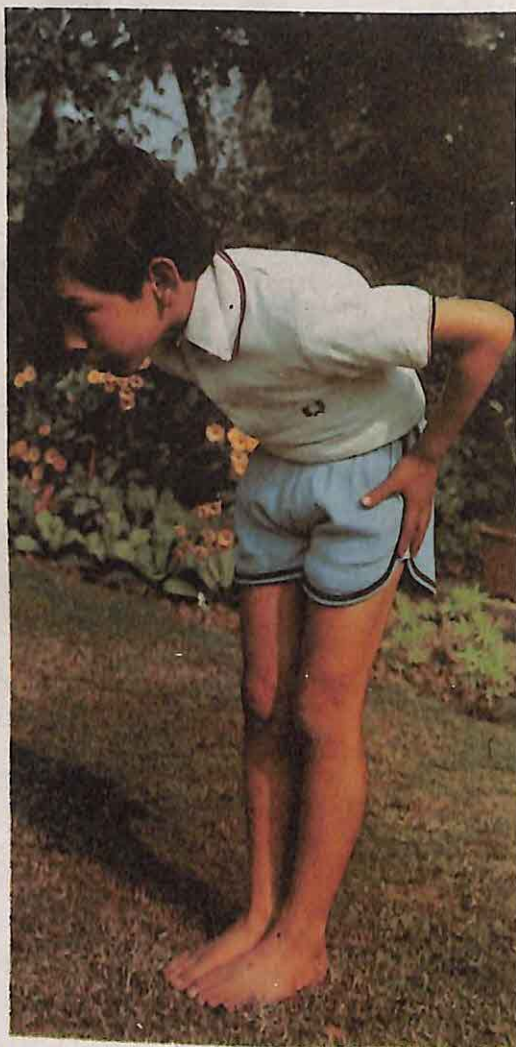
Inhaling the air quickly through both nostrils the stomach is expanded.

Again, expelling the air, the stomach is squeezed in. This action should be repeated five times.

## (vii) Udara-sakti-vikasaka

**Position**

Keeping both legs joined together and standing in a position of attention just like the previous posture the hands are kept on the waist and the body bent forward so that it makes an angle of $90^0$ at the navel.

**Action**

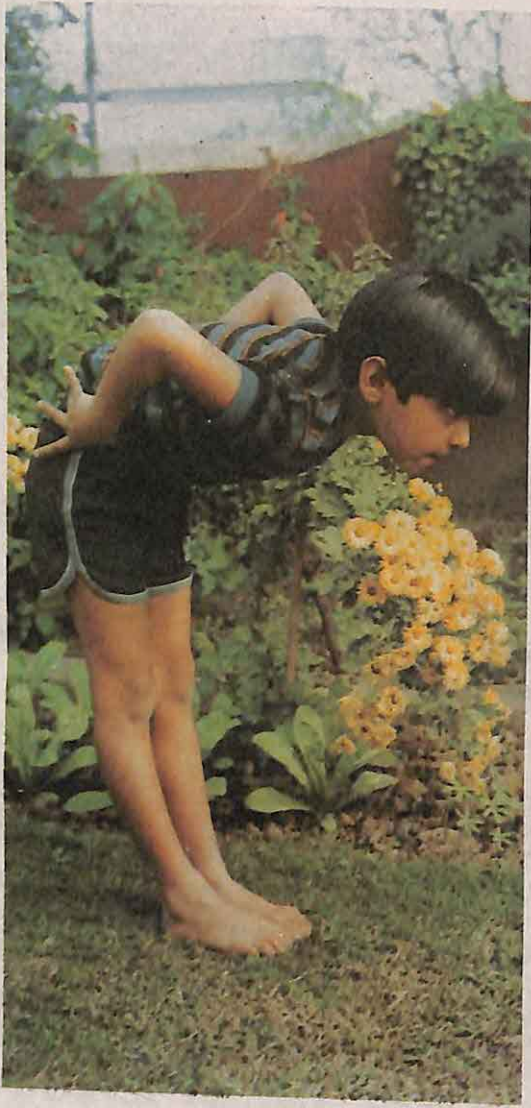
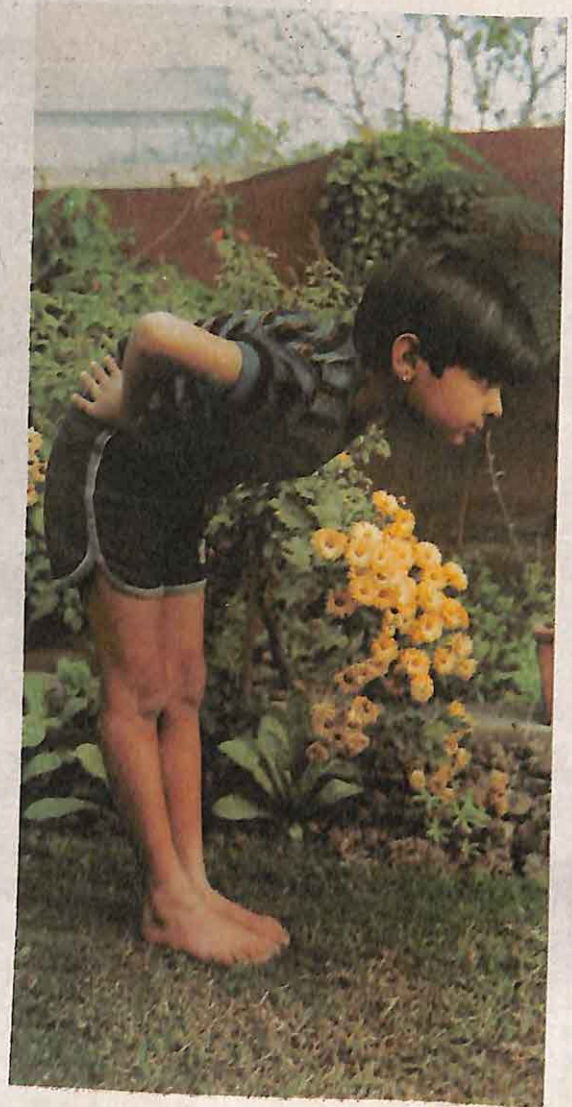
Inhaling air quickly from both nostrils the stomach is expanded. Then exhaling

the air, the stomach is squeezed in. This action should be repeated five times.

## (viii) Udara-sakti-vikasaka

**Position**

Standing again in the earlier position of attention with both legs joined together and the hands kept on the waist, the upper part of the body is lifted forward.

**Action**

Exhaling the air from both nostrils the stomach is expanded and squeezed in repeatedly five times.

Again breathing slowly stand in the position of attention.

## (ix) Udara-sakti-vikasaka

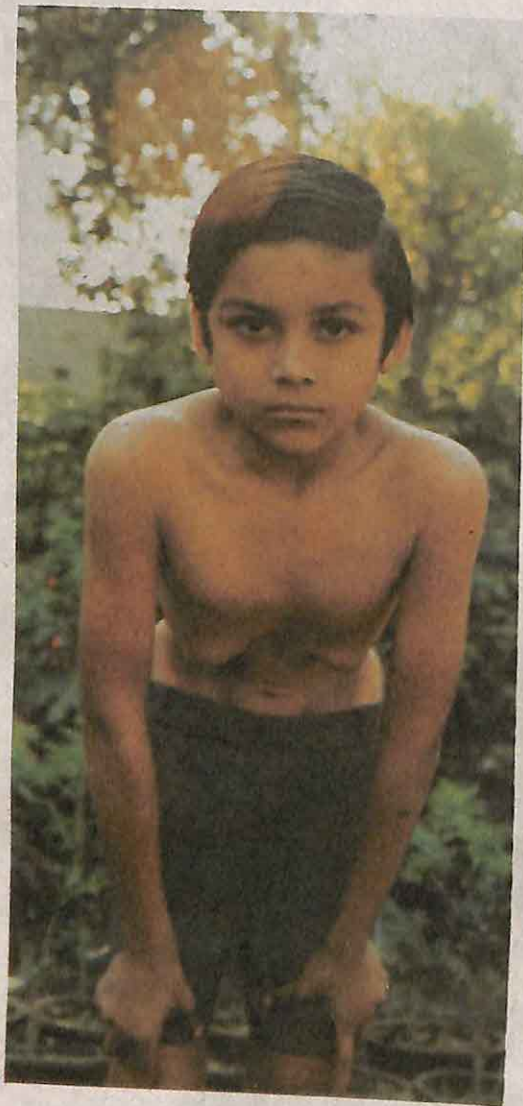
**Position**
Join both legs together like the earlier position of attention keeping the hands on the waist. The upper part of the body is again bent forward forming an angle of $90^0$ at the navel.

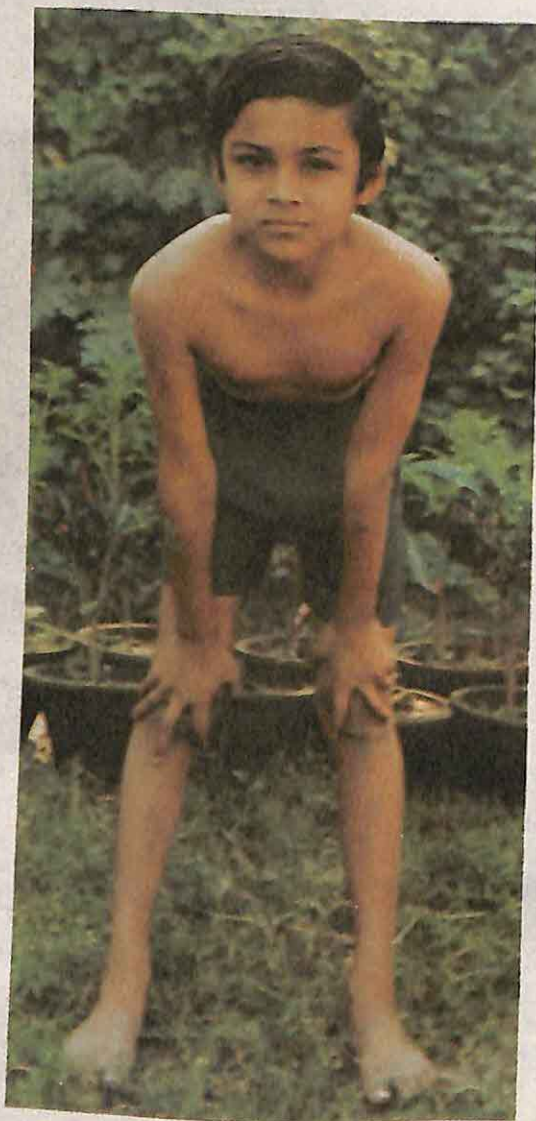
**Action**

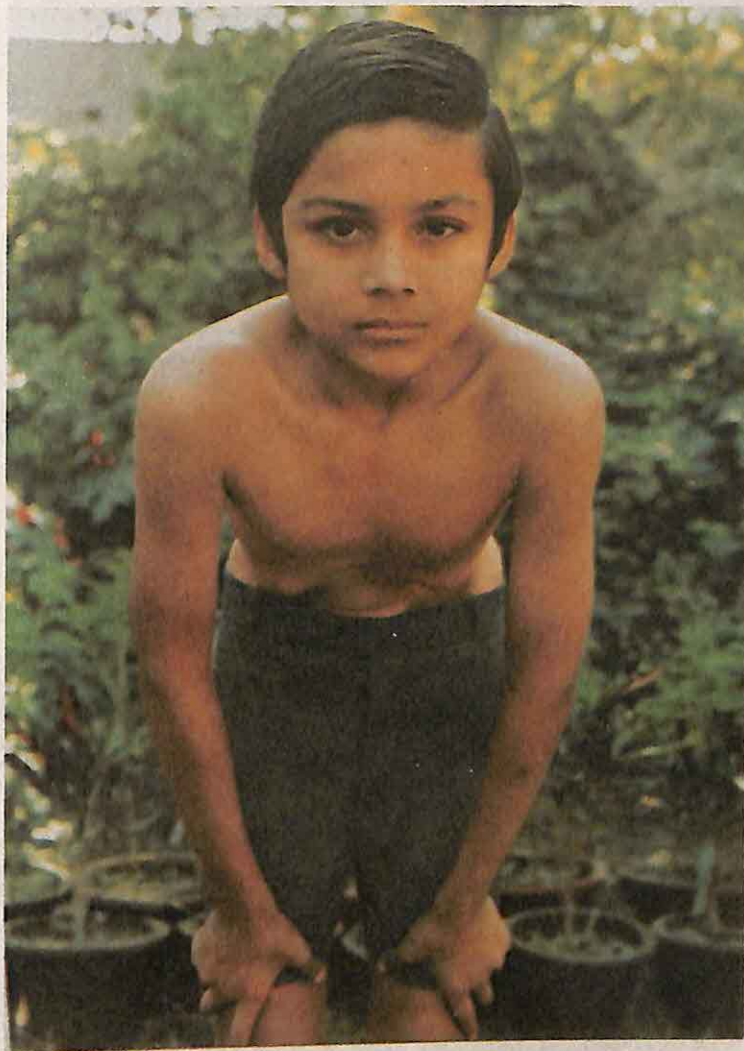
Exhaling air from both nostrils the stomach is quickly expanded outwards and then squeezed in.

Repeat this action five times and then breathe slowly and normally.

## (x) Udara-sakti-vikasaka

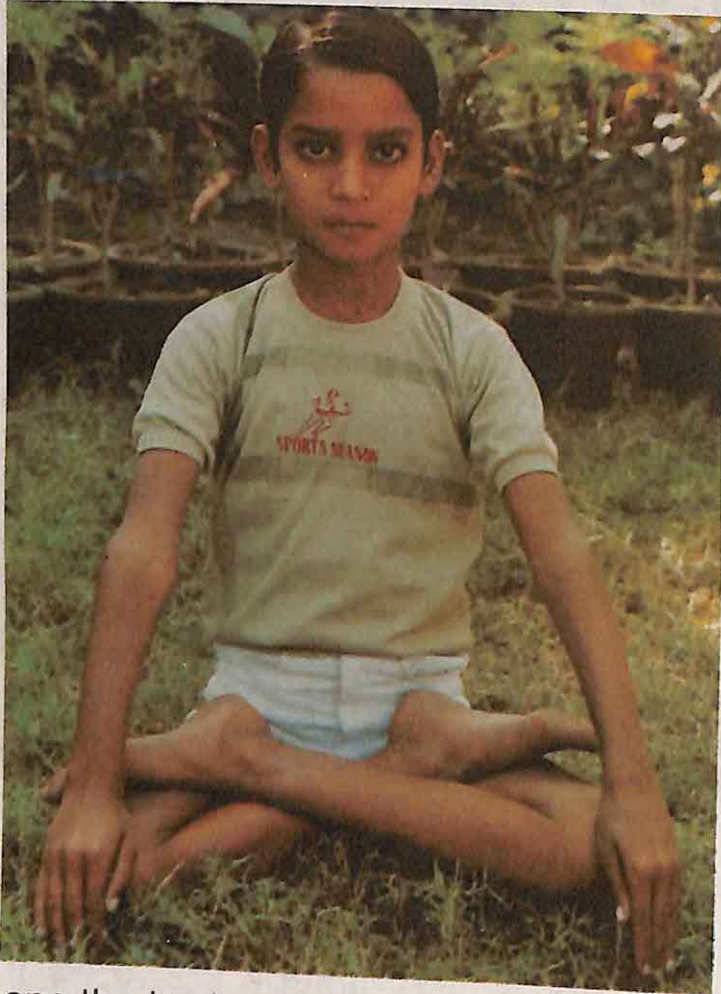
**Position**
Stand straight keeping a distance of about one-third of a metre between the two feet and both the hands placed on the two knees. Now bend the upper part of the body from the waist so that it makes an angle of $90^0$ at the navel.

**Action**

Exhale out the air from both nostrils so that the stomach is squeezed in.

Now applying stress on both hands the left and right nyauli (the prominent rectus abdominis muscles) is taken out.

It is then rotated in a circular direction. This action should be repeated five times.

**Advantage**

By the regular practice of these ten exercises of udar-sakti-vikasaka, all stomach ailments are cured; the digestion improves; various diseases such as gas trouble, indigestion and stomach pain can be got rid of; at the same time the fatness and ugliness around the stomach is removed.

# II. Yogasanas

## 1. Matsyasana

In this asana the body acquires the shape of a fish, hence the name Matsyasana.

### Action

After performing Padmasana slowly lie down on the back. Now lift up slightly the back below the shoulders.

and bend the neck backwards so that the head touches the ground.

Now hold the toe of the left foot with the right hand and that of the right foot with the left hand. The back is then lifted

above the ground so that the ground is touched only by the knees of both legs and the head.

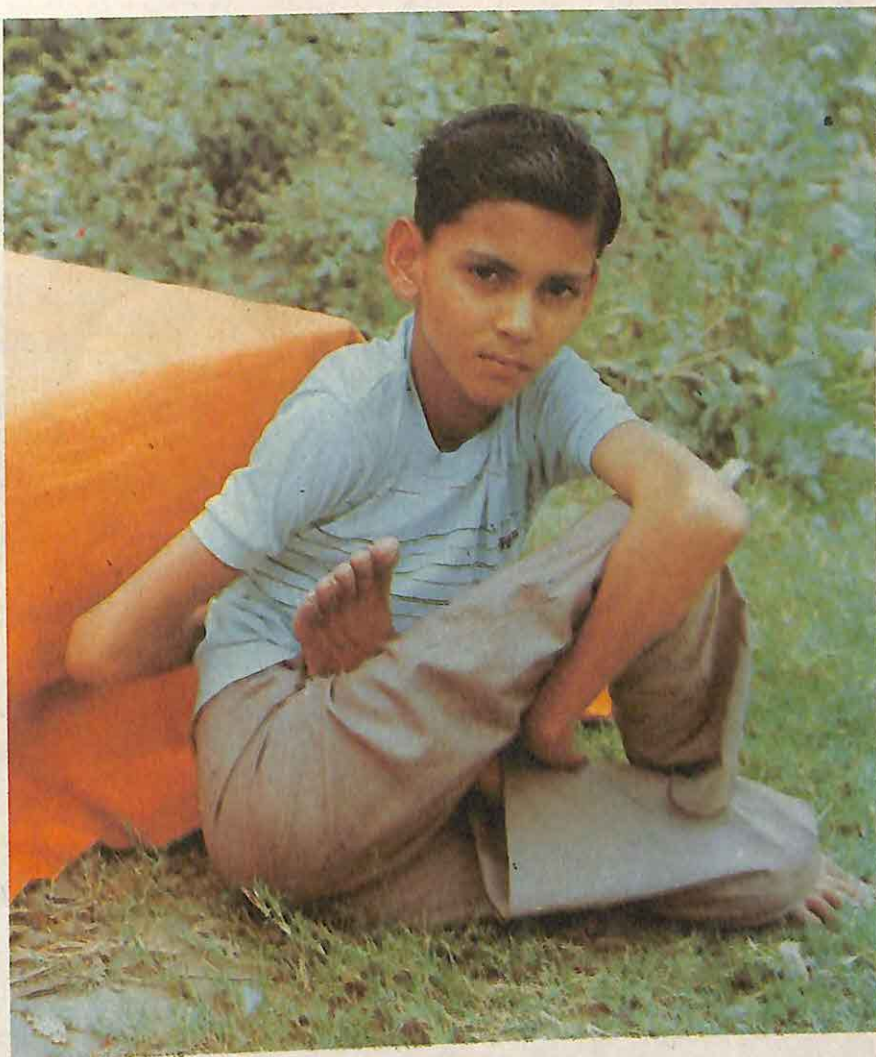
**Advantage**

By performing this asana the eyesight improves, tonsils, constipation and all the diseases of the throat are removed. The backbone becomes stronger. By the regular practice of Matsyasana, the digestive power becomes stronger.

## 2. Matsyendrasana

The great yogi Matsyendranath ji used to sit in this asana, hence it is known as Matsyendrasana.

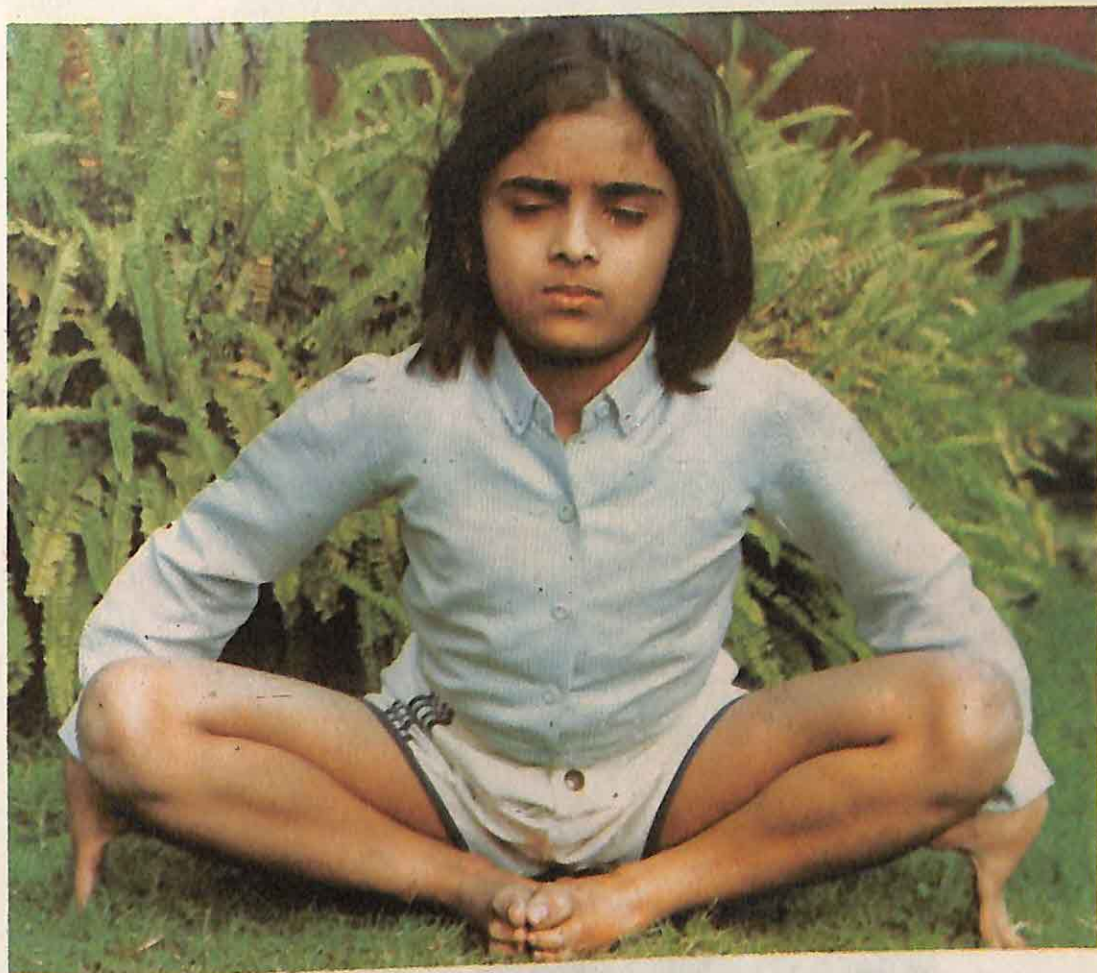
**Position**

Sitting on the ground, the left leg is placed over the right thigh so that the heel touches the navel. Then bending from

the knee the sole of right foot is placed near the left knee. Now folding in the knee of right leg, the foot of the same leg is held by the left hand. The right arm is folded keeping it on the back and placing the chin on right shoulder look backwards.

Again this asana is repeated, keeping the right leg on the left thigh. This asana should be done on both sides, one minute on either side.

**Advantage**

Regular practice of this asana cures diabetes, diseases of the liver and spleen, while the tapeworms of the intestine are killed. By Matsyendrasana the digestive power of body increase due to an increased digestive fire of the stomach.

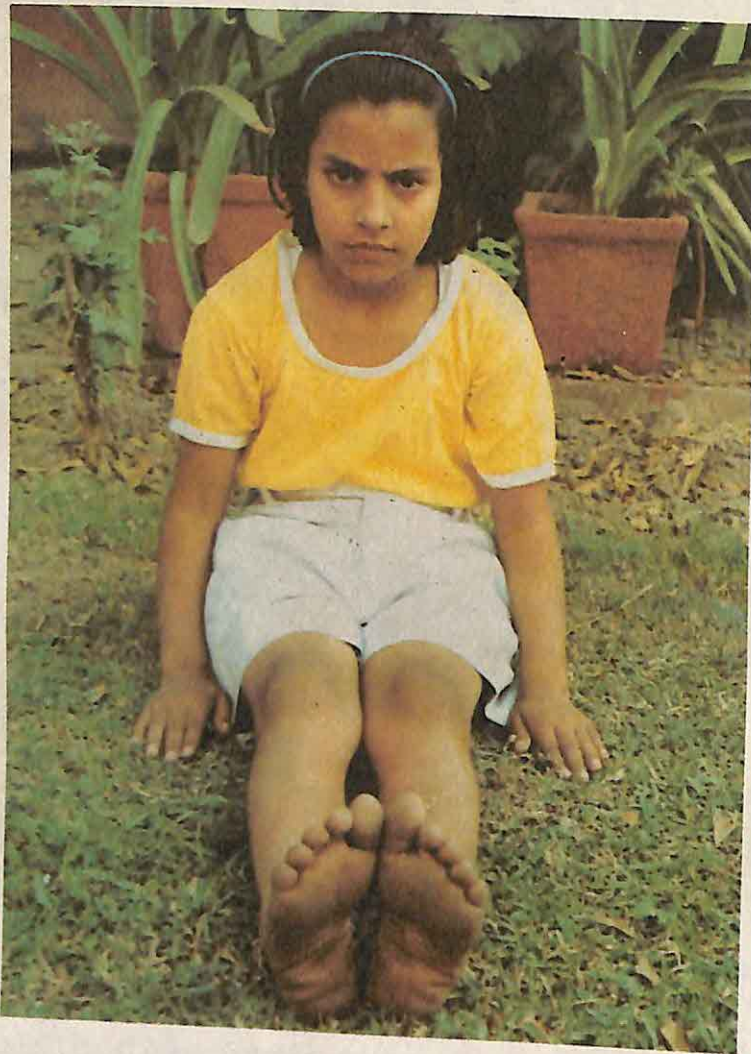
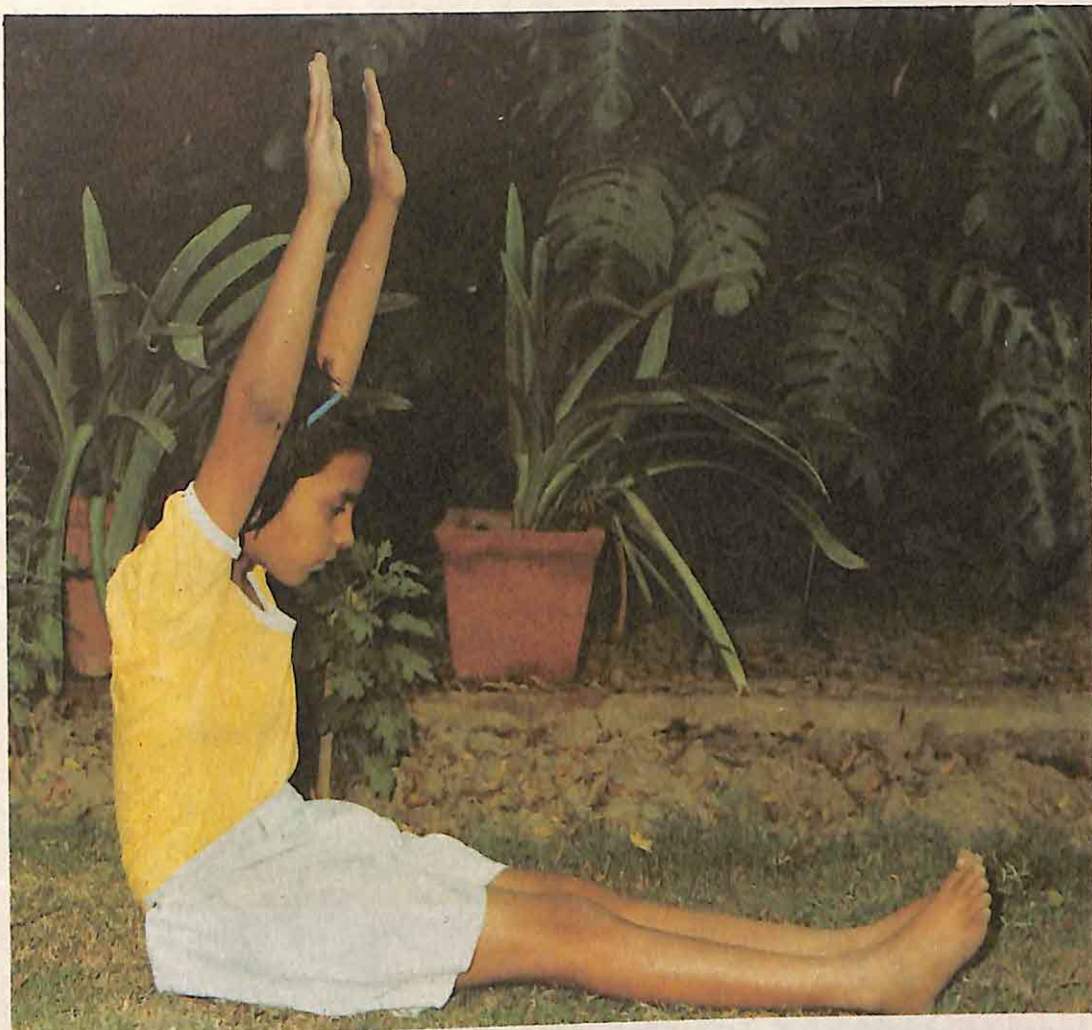
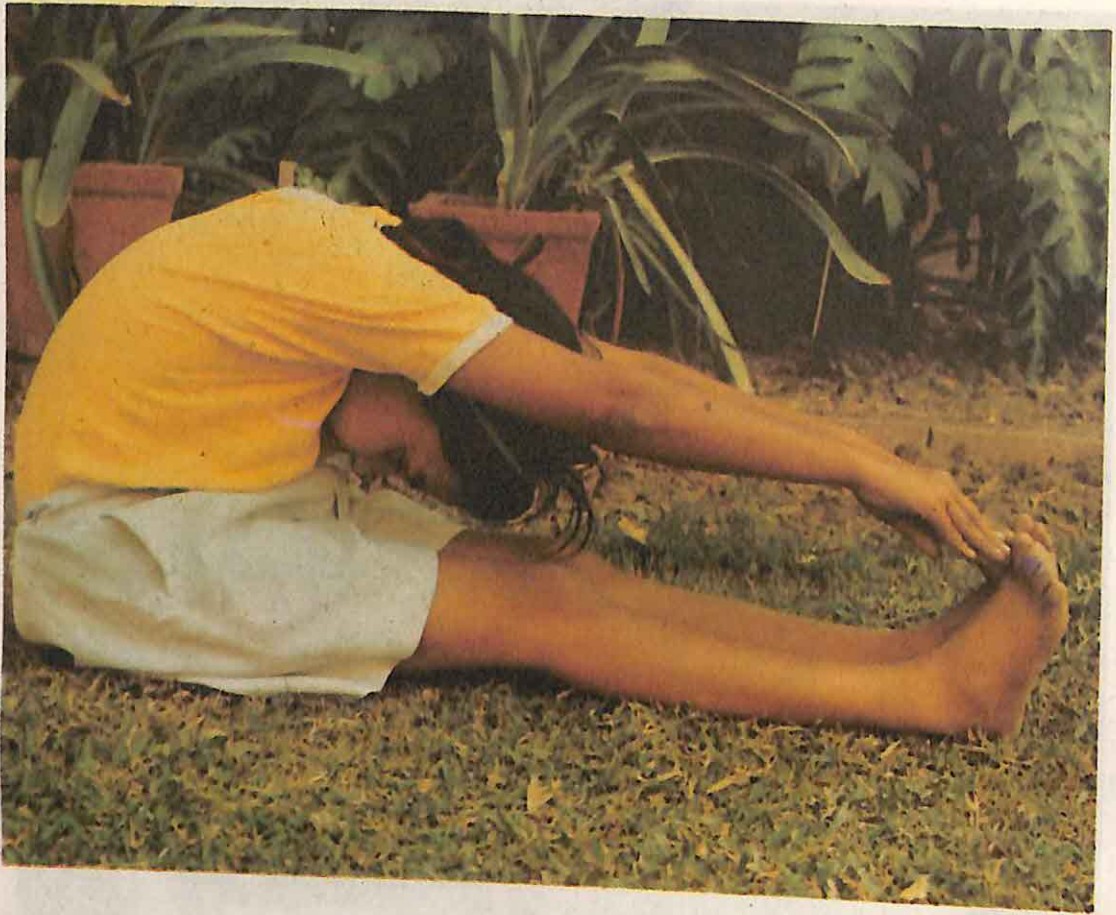
## 3. Goraksasana

The famous yogi Goraksnath ji used to sit in this asana only, hence the name Goraksasana.

**Method**

Sitting on the ground, join the soles of both feet and holding them with both sit over them, at the same time keeping the back-bone straight. Now both hands are placed on the knees while the eyes are kept focussed ahead. This asana should be done for one minute.

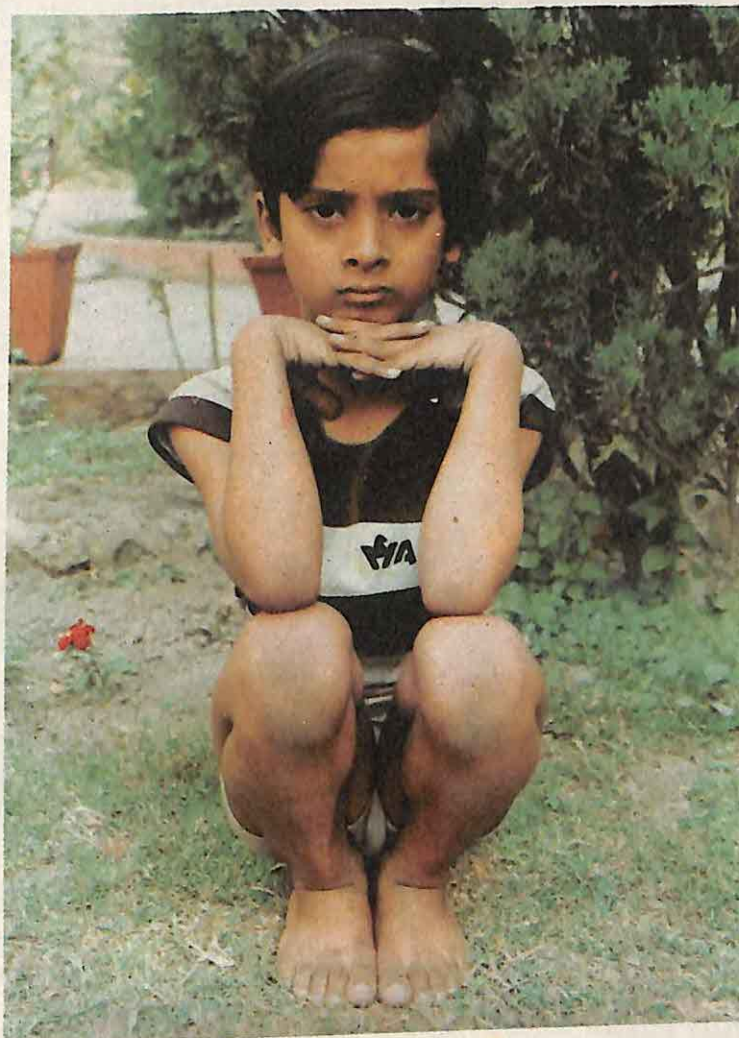
**Advantage :**

By the regular practice of this asana the diseases of the rectum, piles, various urinary disorders and nocturnal pollution etc. are cured.

## 4. Paschimottanasana

Paschim implies 'behind' and ottan means to 'stretch'— in this asana the back region of the body is stretched, hence the name Paschimottanasana.

**Method :**
First sit on the ground, stretching out both legs. Then slowly bending forward the toes of both feet are held with the hand and the head is touched to the knees.

Having practised this asana, the fingers of both hands are locked together and in the same position the hands are touched to the soles of the feet while the head is kept on the knees.

**Advantage :**

By the practice of this asana the backbone becomes flexible. The extra fat around the waist, the stomach and the thighs is removed and the waist becomes thinner. The circulation of blood around the whole body improves which further improves the digestive power of the body.

## 5. Utkatasana

In this asana the body is slightly raised above the ground, hence the name Utkatasana.

**Method :**

Sitting on the ground, first the heels of both feet are joined together and then lifting them up slowly bring them to-

wards the anus. Now sit on both feet applying force on the toes.

The elbows are kept on the knees after entwining all fingers with each other.

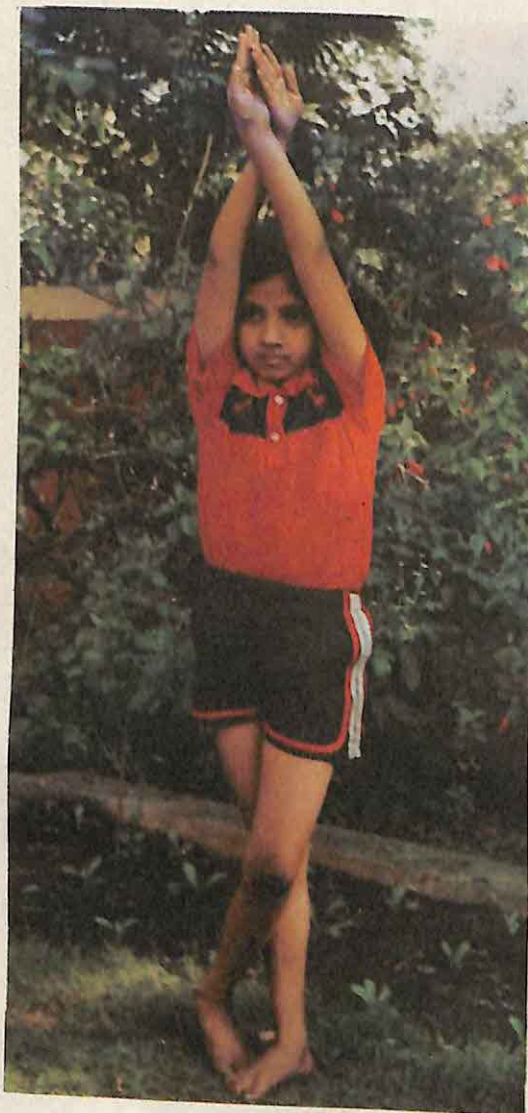
This asana should be performed depending on the availability of energy in the body.

**Advantage :**

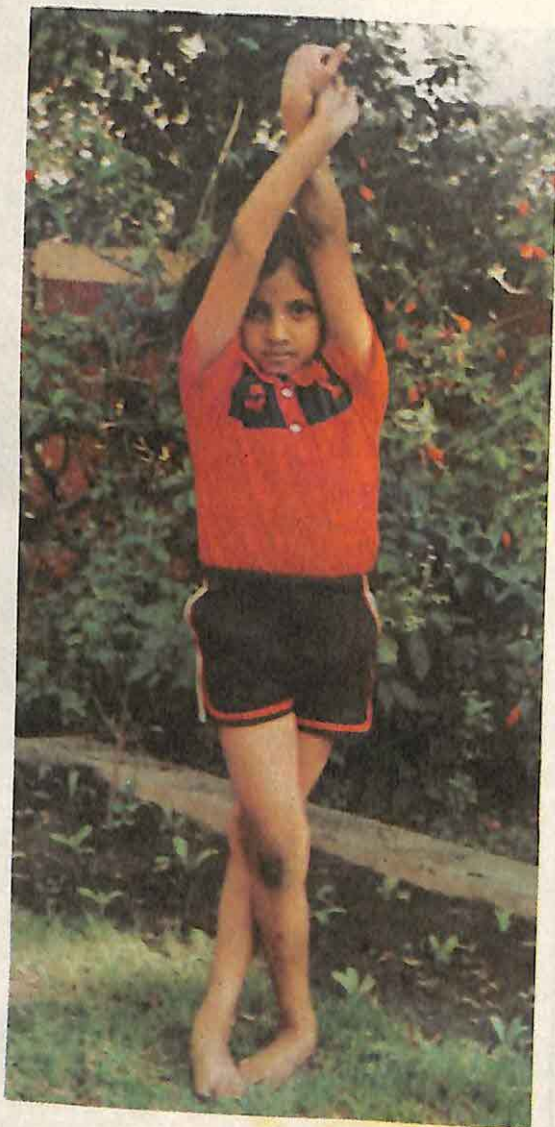
By doing this asana, the ankles, knees, thighs and soles of feet become stronger. The digestive power improves. The entire body is stretched out properly by doing this asana.

## 6. Sankatasana

This asana is known as Sankatasana because the body acquires the shape of a sankat (a vessel which is hung and used for keeping milk and butter etc.)

**Method :**
Standing straight the left leg is folded over the right leg and the left arm over the right arm.

Now changing this position, the right leg is folded over the left leg and the right arm over the left arm. This asana should be performed on each side of the body, spending about one minute on either side.

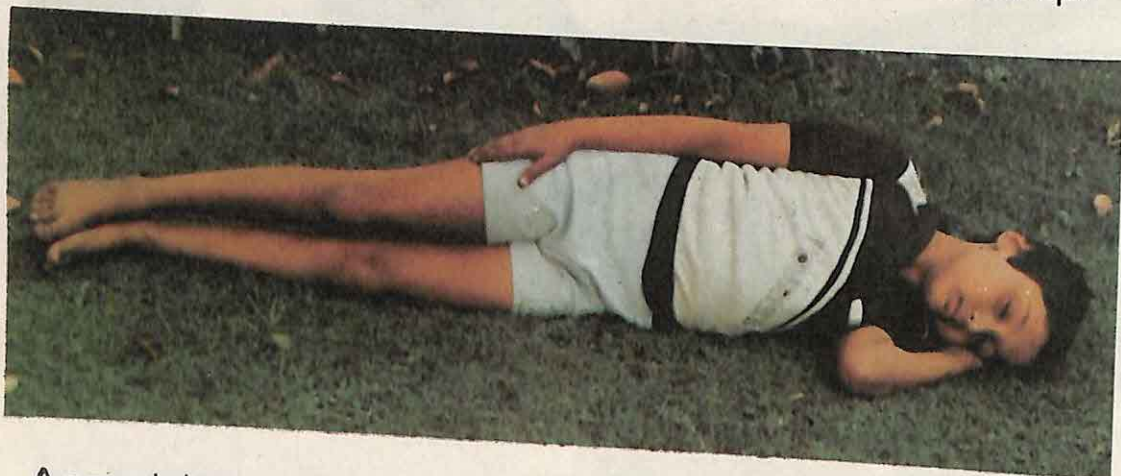
**Advantage**

The fatigue from the body is removed by doing this asana, the hands and legs at the same time becoming stronger.

## 7. Savasana

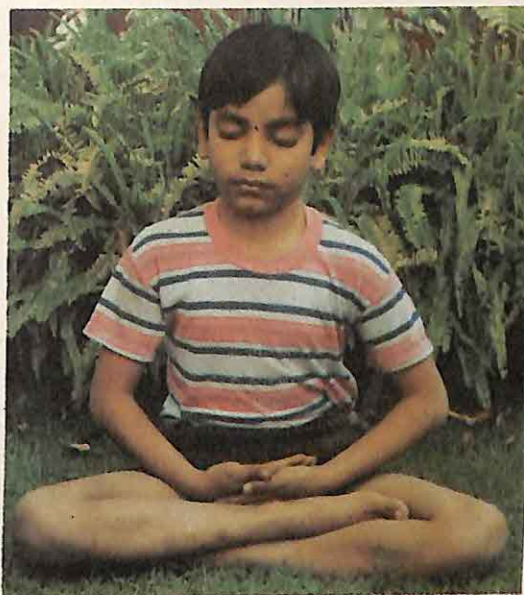
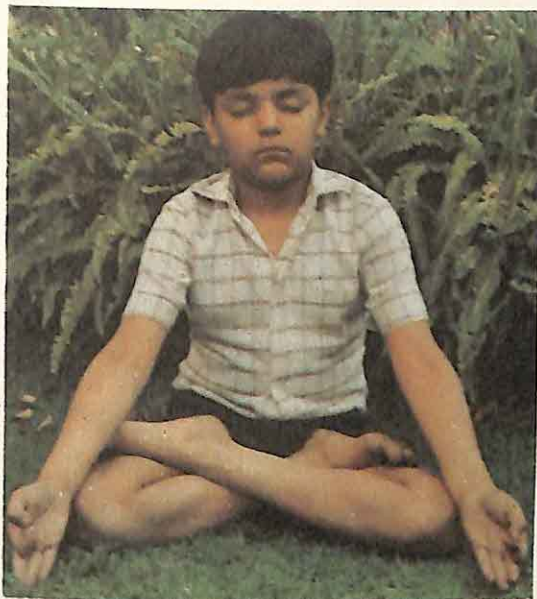
In this asana the body appears almost dead, hence the peculiar name Savasana.

**First Method :**

Lying down on the back over the ground and joining up both legs, the palms are opened outwards and kept near the buttocks. The entire body is then loosened up.

**Second Method :**
Lying down on the ground over the right side of the body, the right palm is kept below the right cheek and left hand on the left buttock. The body is then completely loosened up.

Again lying down on the left side in a similar way the left palm is kept below the left cheek and the body is relaxed.

**Advantage :**
Savasana removes all the tiredness and fatigue of the nerves and muscles caused by the practice of Yogasana and Pranayama. The mind thus becomes calm and peaceful. Savasana should be definitely done after performing the various asanas and Pranayama.

## III. Meditation

Just like various asanas are performed in the Yoga to keep all body parts healthy and normal and Pranayama is performed to keep the lungs fit in the same way Meditation should be done to keep the mind calm and healthy.

**Method :**

Sitting in the posture of Padmasana or Siddhasana with the backbone kept straight, the eyes are closed. Now the mind should be made to think of the rising sun.

**Advantage :**

The body and mind become calm and relaxed by meditation and the concentration power of the mind increases. The memory also becomes sharper.